

TempePRE

BLOG

Positive Parenting

Fun, rewarding, exhausting, demanding. These are a few words that describe being a parent. As the parent of a young child, you probably have lots of questions and you might be unsure of where to turn for information and support. Having the responsibility of raising the next generation is no small task, yet most parents enter this role with little preparation for what truly lies ahead. Triple P (Positive Parenting Program), one of the few parenting programs in the world that's based on evidence from research, is offered FREE in the City of Tempe. Positive parenting reduces the stress of parenting and makes parenting more rewarding and enjoyable.

There is no single right way to be a parent. Ultimately, it is up to you as a parent to decide which values, skills and behaviors you want to encourage in your child and to develop your own approach to parenting. The Triple P program individualizes information, advice and professional support to the needs, culture and community challenges of individual families. The preventive nature of Triple P has been shown to produce positive outcomes by decreasing behavioral problems at home and school which results in higher levels of school readiness. Triple P does this by helping to decrease family stress and anxiety and increase parent/caregiver confidence, skills and knowledge about parenting.

There are a variety of Triple P class options to meet your needs. Triple P classes are for families with children 0 – 12 years of age; Teen Triple P offers classes are for families with children 12 – 16 years of age and Stepping Stones Triple P are classes for families of children with a diagnosed disability. The pandemic has made this is a complicated and uncertain time, and families need support now more than ever. Triple P discussion groups are currently being offered online in English and Spanish. Triple P practitioners are also available for one-on-one consultations. Upcoming topics include: Balancing Work and Families; Dealing with Disobedience and Tantrums. Please go to our website for upcoming class information and a variety of resources: www.tempe.gov/TripleP.

Ann Lynn DiDomenico has undergraduate degrees in psychology and elementary education and a MEd in human relations. She has over 30 years of experience with children and families as an elementary school teacher, program manager and parent educator. Ann Lynn currently works for the City of Tempe as Chief Program Officer for Tempe Community Council and as a Human Services Supervisor. She oversees the Triple P, Read On Tempe, Open Horizons, and Threadz programs and provides staff support to the Youth and Families Committee.



We are here to help you navigate the Tempe PRE program.

Please contact us for assistance 480-858-7735

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Tempe PRE is a program of the City of Tempe, in partnership with the Tempe Elementary School District.